

◀ 第四期 PART IV ▶

Cookery Course

譚銳佳講義

by THAM YUI KAI

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譚銳佳講義
第四期

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目 錄

CONTENTS

酥炸雞翼球	Fried Crisp Chicken-Limbs	1
白汁綉球翅	Shark's Fins Rounds In White Sauce	2
西汁煎豬肝	Fried Pig-Liver Slices With Sauce	3
家鄉鹹水角	Traditional Chinese Salty Puffs	4
脆皮乳鴿	Fried Crisp Tender Pigeons	5
琵琶豆腐	Delicious Soya-Bean Curd In Sauce	6
中式葡國雞	Portuguese Dish Prepared In Chinese Style ...	7
三絲燴魚肚	Three Strips With Fish-Stomach	8
西洋牛肉賣	Steamed Water-Cress Stuffed With Sirloin Paste	9
青椒炒三球	Fried Green Pepper With Chicken-Meat, Chicken-Kidneys and Prawns	10
羂葱鹽焗雞	Roast Chicken With Ginger, Onion And Salt	11
游龍吐珠	Fried Prawns With Corn-Grains	12
玉腦魚雲羹	Steamed Pig-Brain And Fish-Head In Sauce	13
甫魚什錦炆麵	Fried Noodle Mixed With Flat-Fish	14
法鉢杏仁雞丁	A Yam-Pot With Chicken-Particles And Almond	15
蟹璜燴鮮菇	Mushroom In Crab-Roe Sauce	16
西汁焗鱸魚	Baked Pomfret In Sauce	17
芥蘭炒田腿	Fried Frogs With Mustard Green	18
京都排骨	Pork-Ribs Pieces In Delicious Sauce	19
紅燒釀節瓜	Roasted Squash-Pieces With Stuffing	20
蒜頭辣椒醬	Garlic Chilli Sauce	21



把多年來的經驗，獻給同行們及廣大家庭主婦們。

Writes down all his precious experience and presents it to people with the same interest.

酥炸雞翼球

用 料：

雞翼十二只，大約（一斤半）重左右，生羌刮淨計約一兩，青瓜一條，番茄一個，雞蛋一只。

製 法：

雞翼每一只斬開兩件，每一件再用刀在中間割一直線，將肉倒反轉過來，留回中間的大骨作手柄，略似手鎚的形狀，全部改好，用碗一只裝載，生羌一兩，用差刷磨爛搗汁，青瓜一條，改花切片，圍伴碟邊用，番茄一個，同樣將牠切片，圍伴碟邊。

調味醃雞翼的方法：

做好的雞翼，用碗裝載，加放幼鹽兩茶匙，蜂巢味素半茶匙，幼白糖半茶匙，生抽一茶匙，麻油一茶匙，五香粉一茶匙，花彫酒半湯羹，羌汁半湯羹，雞蛋一只，打開放落去，跟着用手一齊撈勻，最後加放粟粉三湯羹，再撈勻，醃約二十分鐘，使其入味。

炸的方法：

首先將醃好的雞翼，全部黏上適量的茨粉，用碟一只裝載，跟着將鑊洗淨燒熱，放油約六飯碗左右，將油燒至滾，然後將黏好茨粉的雞翼，全部放落油鑊裏，炸一息間，時間大約一分鐘左右，然後撈起盛着，等鑊裏的油再滾時，將炸過的雞翼，再放落鑊，炸兩分鐘左右，以够脆熟為好，全部炸好撈起，用有青瓜，番茄圍伴的碟裝載，即成。

FRIED CRISP CHICKEN-LIMBS

Materials:

Chicken-limbs — 12 (about 1½ kati), Ginger (scraped) — 1 tah.,
Cucumber — 1, Tomato — 1,
Egg — 1.

Initial Preparation:

Cut every chicken-limb into halves and cut each half with knife at the centre. Pull over the meat to allow the bone to protude out so that it can be used as handle. After accomplishing all, put them in a bowl. Grind the ginger to obtain the juice. Cut the cucumber and the tomato into designed slices for garnishment.

Method of Seasoning Chicken-Limbs:

Put the well-prepared chicken-limbs in a bowl, add in fine salt 2 teaspoons, Vesop ½ teaspoon, sugar ½ teaspoon, light soya sauce 1 teaspoon, sesame oil 1 teaspoon, 5-spice powder 1 teaspoon, Chinese wine "Far Teow" ½ tablespoon, ginger juice ½ tablespoon, an egg and knead thoroughly. Lastly add in 3 tablespoons of cornflour, knead again and season the chicken-limbs for about 20 minutes.

Method of Frying:

First coat the seasoned chicken-limbs with suitable amount of starch flour.

Clean and heat the frying-pan, pour in about 6 rice-bowls of oil and boil it. Put in the chicken-limbs to fry for about 1 minute and remove. When the oil boils again, put in once more the fried chicken-limbs to fry for about 2 minutes until crisp and cooked. After well-fried transfer them to the plate garnished with cucumber and tomato slices.

白汁綉球翅

用 料：

大蝦連壳計一斤，肥豬肉半兩，蟹肉二兩，罐頭冬筍半兩，葫蘿蔔刨淨計約半兩，生葱兩條，青豆兩湯羹，發好洗淨之魚翅二兩，雞蛋一只。

製 法：

大蝦一斤，全部將牠去壳，開背洗淨之後，再用乾布抹去水份，然後用刀剝爛候用，肥豬肉同樣將牠剝爛候用。葫蘿蔔用刀將牠切成幼絲，然後再用滾水無熟候用。冬筍將牠切成幼絲，生葱洗淨同樣切成幼絲。

獻汁份量：

湯或清水十湯羹，加放幼食鹽一茶匙，味精半茶匙，幼白糖半茶匙，麻油半茶匙，胡椒粉些少，一齊攪勻候用。

粟粉一湯羹，另外用碗一只裝載，加放清水兩湯羹攪勻候用。雞蛋打開淨要蛋白一湯羹，加放清水一湯羹攪勻候用。

調餡方法與份量：

將剝爛之蝦肉，轉用盤仔一只裝載，然後加放幼食鹽一茶匙，蜂巢味素些少。幼白糖 $\frac{1}{2}$ 茶匙，胡椒粉些少，跟着用手將牠搓起膠，接着便將剝爛之肥豬肉，加放下去，再將牠搓勻，最後便將切好之冬筍，和葫蘿蔔，生葱，魚翅等一齊加放下去，並加放粟粉一湯羹，再將牠搓勻，然後將牠分作一粒一粒，每粒約半兩重左右，用碟一只裝載，而碟底須先掃上油些少，以免黏連。

接着將調製好的綉球翅，整碟放落蒸籠處，隔水將牠蒸約八分鐘至十分鐘左右，蒸好取出，跟着將用鑊洗淨燒熱加放油兩湯羹，接着將調好之味汁攪勻放下，蟹肉和青豆同時放下，待略滾，然後將獻粉和蛋白水等按程序放下，煮好兜起全部淋上蒸熟的綉球翅面上，即成。

SHARK'S FINS ROUNDS IN WHITE SAUCE

Materials:

Big prawns (with shells) — 1 kati.,	Fat pork — $\frac{1}{2}$ tah.,
Crab-meat — 2 tah.,	Canned bamboo shoots — $\frac{1}{2}$ tah.,
Carrot (scraped) — $\frac{1}{2}$ tah.,	Spring onions — 2 stalks.,
Green peas — 2 tablespoons,	Well-prepared shark's fins — 2 tah.,
Egg — 1.	

Initial Preparation:

Scale all the big prawns, cut them from the back and clean them. Dry them with cloth and mince them for use. Mince also the fat pork.

Cut the carrot into strips and boil it with suitable amount of boiling water. Cut the bamboo shoot and the spring onions also into strips.

Gravy Sauce & Gravy Powder:

Using 10 tablespoons of stock or fresh water in a container, add in fine salt 1 teaspoon, Vesop $\frac{1}{2}$ teaspoon, fine sugar $\frac{1}{2}$ teaspoon, sesame oil $\frac{1}{2}$ teaspoon, some pepper and stir thoroughly for use.

With a separate bowl, add in 1 tablespoon of cornflour with 2 tablespoons of water and stir well for use.

Break the egg, abstract 1 tablespoon of egg-white in a bowl, add in 1 tablespoon of fresh water and stir well for use.

Method Of And The Components For Preparing The Dish:

Put the minced prawns in a plate, add in fine salt 1 teaspoon, a little Vesop, fine sugar $\frac{1}{2}$ teaspoon, some pepper and knead thoroughly until mixture is sticky. Then put in the minced fat pork and knead again. Lastly add in the well-prepared bamboo shoot, carrot, spring onions and shark's fins etc., meanwhile add in 1 tablespoon of cornflour. Repeat the kneading and divide the sticky mixture into rounds, each of which is about $\frac{1}{2}$ tah. in weight. Put the rounds of mixture in a plate, the bottom of which must be stain with some oil to prevent sticking.

Place the whole plate of shark's fins rounds in the steamer to steam over water for 8 to 10 minutes. When they are cooked remove. Then clean and heat the frying pan, pour in 2 tablespoons of oil and add in the well-stirred gravy sauce, meanwhile add in the crab-meat and the green peas. When it slightly boils, add in the gravy powder, and egg-white fluid consecutively. After well-boiled transfer this delicious sauce and water the steamed shark's fins rounds with it.

西汁煎豬肝

用料：

豬肝半斤，生薑刮淨計約半兩，生蔥兩條，紅辣椒一只，生菜一棵，蕃茄兩個。

製法：

豬肝半斤將牠切成小片，每片約分半厚左右，生薑半兩將牠磨爛搥汁，生蔥兩條去頭尾些少，洗淨後再將牠切成幼粒，紅辣椒一只將牠去蒂去核，然後再將牠切絲，生菜一棵淨要嫩葉，洗淨後將牠切成絲與辣椒絲拌勻，鋪墊碟底用，蕃茄兩個將牠切片，圍伴碟邊用。

調味醃豬肝之份量：

切好之豬肝加放幼食鹽一茶匙，味精些少，幼白糖半茶匙，生抽兩茶匙，麻油半茶匙，胡椒粉些少，薑汁半湯羹，花彫酒半湯羹，然後將牠一齊攪勻，最後再加放粟粉一湯羹半，麵粉一湯羹，再將牠攪勻，醃約十五分鐘左右，使其入味。

味汁份量：

湯或清水兩湯羹，用碗一只裝載，然後加放噏汁半湯羹，A1 梳士細半湯羹，生抽兩茶匙，幼白糖 $\frac{1}{2}$ 湯羹，麻油半茶匙，將牠一齊攪勻，便成味汁。

煎的方法：

首先將用鑊洗淨燒熱，然後加放油些少蕩勻鑊之四週圍，跟着將醃好之豬肝一件一件排放鑊裏，然後將牠煎香兩面，隨煎隨滲放油些少，煎約有七八成熟左右，然後將切好之蔥粒和調好之味汁攪勻，全部滲放鑊裏將牠一齊兜勻，使牠再滾，然後將牠兜起放在有生菜墊底，蕃茄圍邊之碟裝載，即成。

FRIED PIG-LIVER SLICES WITH SAUCE

Materials:

Pig-liver — $\frac{1}{2}$ kati,

Spring onions — 2 sprigs,

Lettuce — 1 stalk,

Ginger (scraped) — $\frac{1}{2}$ tah.,

Red chilli — 1,

Tomato — 2.

Preparation:

Cut the pig-liver into small slices (each of about $\frac{1}{8}$ " thick). Grind the ginger to abstract the juice. Clean and cut the spring onions into particles. Remove seeds and stem from the red chilli. Cut the red chilli into shreds. Select and clean the green leaves of the lettuce and cut them into shreds. Mix the lettuce and red chilli shreds and place them in the plate. Cut the two tomatoes in slices for garnishing.

Ingredients for seasoning the pig-liver:

Mix the pig-liver slices with fine salt 1 teaspoon, a little Vesop, sugar $\frac{1}{2}$ teaspoon, light soya sauce 2 teaspoons, sesame oil $\frac{1}{2}$ teaspoon, a little pepper powder, ginger juice $\frac{1}{2}$ tablespoon, Chinese Far Teow wine $\frac{1}{2}$ tablespoon and knead well. Lastly add in cornflour $1\frac{1}{2}$ tablespoons, wheat flour 1 tablespoon, knead again and season the liver slices for about 15 minutes.

Gravy Sauce:

Measure 2 tablespoons of stock or fresh water in a bowl, add in Lea & Perrin sauce $\frac{1}{2}$ tablespoon, A1 sauce $\frac{1}{3}$ tablespoon, light soya sauce 2 teaspoons, fine sugar $\frac{1}{3}$ tablespoon, sesame oil $\frac{1}{2}$ teaspoon and stir thoroughly into gravy sauce.

Method of frying:

Clean and heat the frying-pan, pour in some oil to stain the surface of the pan. Place the seasoned liver slices in the pan to fry both sides of each aromatically. Add in oil during frying. When the liver slices are about 70% to 80% cooked, stir well the gravy sauce with the spring onion particles and pour in. Stir thoroughly and when it boils, transfer all to the plate placed with lettuce and garnished with tomato slices.

家鄉鹹水角

用料：

淨豬肉五兩，叉燒三兩，臘肉一兩，乾蝦米半兩，菜脯（即鹹蘿蔔乾）半兩，韭菜四棵，糯米粉半斤，汀麵粉三湯羹。

製法：

豬肉和叉燒，臘肉同樣將牠切成細粒，乾蝦米和菜脯同樣先用清水將牠浸一息間，然後再用刀將牠切成小粒，韭菜洗淨同樣切粒，汀麵粉三湯羹，轉用碗一只裝載，加放三湯羹滾水將牠沖熱，候用。

獻汁份量：

湯或清水三湯羹，加放幼食鹽半茶匙，蜂巢味素半茶匙，幼白糖三茶匙，生抽一茶匙，蠔油一茶匙，蔬油一茶匙，晒抽半茶匙，胡椒粉些少，粟粉半湯羹，將牠一齊攪勻，便成獻汁。

調餡方法：

先將用鑊洗淨燒熱，然後加放油約兩湯羹，跟着將切好的蝦米和臘肉放下鑊裏炒香，接着將切好的豬肉放下同炒，而切好的菜脯和韭菜同時一齊放下攪勻，跟着將調好的獻汁攪勻放下兜勻，最後將切好的叉燒放下，再兜勻，跟着兜起，等凍些少時，將牠分作二十五份候包。

製皮之方法：

將糯米粉半斤放在台上，然後將牠撥成鳥窩形，跟着加放幼白糖三湯羹，豬油兩湯羹，清水約十湯羹，接着將沖熱之汀麵粉放下，然後一齊將牠搓勻。（如果覺得太乾，可以多加放清水些少，相反的也可以多加放糯米粉些少。）全部搓好，將牠分作二十五份。

包的方法：

將一份皮用手攢扁些少，然後包上一份餡，包成角仔形，如是者全部包好，最後用油將牠炸至脆熟，即成，時間約兩分鐘半至三分鐘左右（以滾油放為適合）。

TRADITIONAL CHINESE SALTY PUFFS

Materials:

Lean pork — 5 tah.,

Sausage — 1 tah.,

Dry salted carrot — $\frac{1}{2}$ tah.,

Glutinous rice-flour — $\frac{1}{2}$ kati.,

Roasted lean pork — 3 tah.,

Dry shrimps — $\frac{1}{2}$ tah.,

Leek — 4 stalks.,

"Tung Mien" flour — 3 tablespoons.

Preparation:

Cut the pork, the roasted lean pork and the sausage into particles. Soak the dry shrimps and the dry salted carrot in fresh water for a while and then cut them into particles. Clean the leek and cut it also into particles. Put in 3 tablespoons "Tung Mien" flour in a bowl and add in 3 tablespoons of boiling water for use.

Gravy Sauce:

Using 3 tablespoons of stock or fresh water in a container, add in fine salt $\frac{1}{2}$ teaspoon, Vesop $\frac{1}{2}$ teaspoon, fine sugar 3 teaspoons, light soya sauce 1 teaspoon, oyster sauce 1 teaspoon, sesame oil 1 teaspoon, black soya sauce $\frac{1}{2}$ teaspoon, some pepper, cornflour $\frac{1}{2}$ tablespoon and stir thoroughly into gravy sauce.

Method of preparing stuffing:

Clean and heat the frying-pan, pour in about 2 tablespoons of oil, then put in the well-prepared shrimps and sausage to fry deliciously. Later put in the pork particles, salted carrot particles and leek particles. Stir thoroughly. Stir well the gravy sauce and pour in. Lastly put in the roasted lean pork particles and stir well.

Remove the foodstuff and allow it to cool, then divide it into 25 portions for use.

Method of preparing the folder:

Pile the glutinous rice-flour on the table in the form of a bird's nest. Put 3 tablespoons of sugar and 2 tablespoons of lard at the hollow of the flour. Add in 10 tablespoons of fresh water and the well-prepared "Tung Mien" flour to knead thoroughly. (If the mixture is too hardened add in some fresh water. On the other hand if it is too watery, some glutinous rice-flour can be added.) After that divide the dough into 25 portions.

Method of folding:

Take one portion of the dough and flatten it, put one portion of stuffing at the centre of the flattened dough and fold it up in the form of puff. After folding, fry the articles for $2\frac{1}{2}$ to 3 minutes until they are crisp. (The best is to fry them in highly boiling oil.)

脆皮乳鴿

乳鴿四隻，每只連毛計約六兩重左右，生羌一兩，青瓜一條，蕃茄一個，醃（即王瓜酸）。

的乳鴿洗淨，然後每只將腳斬去候用。生羌刮淨，用羌擦磨爛渣汁候用。青
片，圍伴碟邊用。蕃茄切片，同樣圍伴碟邊用。

之乳鴿用滾水適量將牠滾約兩三分鐘左右，然後撈起用盤仔一只盛載。跟着羹，晒抽半湯羹，幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖一茶匙半，清水約十安士左右。接着再加放五香粉半茶匙，薑汁一湯羹，花彫酒一湯羹，然勻，搽勻每一只乳鴿內外。醃牠約半小時左右使其入味。

一隻洗淨燒熟，然後加放油約六飯碗左右。將油燒至滾，然後將醃好的乳黃魚一齊放油鑊裏，將牠炸至脆熟爲好，時間大約四五分鐘左右。炸好原只用有青瓜和蕃茄圍邊的碟盛載，醃好的酸菓圍伴旁邊，即成。

FRIED CRISP TENDER PIGEONS

Cucumber — 1,
Pickles — 6 tah.

in the juice of it.

sliced slices. Cut also the tomato into slices

Amount of boiling water for 2 or 3 minutes and
soya sauce 3 tablespoons, black soya sauce
1 tablespoon, sugar $1\frac{1}{2}$ teaspoons, fresh water 1
teaspoon, ginger juice 1 tablespoon,
and stir thoroughly. Rub all the pigeons
for about half an hour.

in about 6 rice-bowls of oil and boil it for 4 to 5 minutes until they are cooked and

pieces or cut-pieces in the plate garnished

琵琶豆腐

用料：

水豆腐即方格豆腐八小方格，淨豬肉二兩，淨蝦肉二兩，拆好蟹肉二兩，片形熟火腿半兩，雞蛋一只，生蔥三條，紙包裝青豆兩湯羹。

製法：

水豆腐八小方格，用密的漏斗盛着，用手搓爛，淨豬肉二兩，淨蝦肉二兩，洗淨之後，分別用刀剝爛，熟火腿半兩切成幼粒，生蔥三條，去頭尾些少，洗淨後，切成細粒。

調製方法：

將搓爛的豆腐，用盆仔盛載，以一飯碗平滿計算，加放幼食鹽一茶匙半，蜂巢味素半茶匙，幼糖一茶匙，麻油一茶匙，胡椒粉些少，粟粉兩湯羹，跟着將雞蛋一只打開，祇要蛋白，加放落去，然後用手一齊撈勻。接着將剝爛的豬肉，蝦肉，切好的火腿粒，蔥粒，一齊加放落去，再撈勻，最後加放油一湯羹，再撈勻。然後用大湯羹分載，而湯羹底必需先掃上油些少（這是使豆腐不致黏連容易取出）。全部分放好之後，將載有豆腐的湯羹，一只一只排放落蒸籠，隔水蒸約五分至六分鐘左右就熟的了，而蒸籠蓋不可蓋密，要留開約半寸縫。蒸好取出，待凍時，脫離湯羹，用碟盛載。

味汁份量：

湯或清水十湯羹，大約八安士左右，用碗盛載，然後加放幼鹽一茶匙，蜂巢味素半茶匙，幼糖半茶匙，生抽一茶匙，麻油半茶匙，胡椒粉些少，攪勻就是味汁。粟粉一湯羹，另外用碗裝載，加放清水兩湯羹，攪勻就是獻粉。

煮法：

將鑊洗淨燒熱，加放油些少，蕩勻鑊的四周圍，將已蒸熟的豆腐一件一件排放落鑊，煎香兩面，全部煎好，用碟盛載，再將鑊洗淨燒熱，加放油約兩湯羹，將調好的味汁攪勻，放落鍋，拆好的蟹肉和青豆同時一齊放落鑊，煮到略滾時，將開好的獻粉攪勻，隨少隨放落鑊，隨放隨用鐵匙推勻，最後將剩餘的蛋黃，加放落去，再一齊推勻兜起，淋上煎好的豆腐面上，即成。

DELICIOUS SOYA-BEAN CURD IN SAUCE

Materials:

Soya-bean curd — 8 small squares.,	Lean Pork — 2 tah.,
Prawn meat — 2 tah.,	Crab meat — 2 tah.,
Cooked ham slices — $\frac{1}{2}$ tah.,	Egg — 1,
Spring onion — 3 sprigs.,	Green peas — 2 tablespoons.

Initial Preparation:

Put the 8 small squares of soya-bean curd in a filter and knead them into mash. Mince the lean pork and the prawn-meat separately. Cooked ham slices and the spring onion cut into particles.

Preparation:

Measure a full rice-bowl of soya bean curd mash in a container, add in fine salt $1\frac{1}{2}$ teaspoons, Vesop $\frac{1}{2}$ teaspoon, fine sugar 1 teaspoon, sesame oil 1 teaspoon, some pepper, 2 tablespoons of cornflour, the egg-white of the egg and knead them evenly.

Further add in the minced pork and the prawn-meat, the cooked ham and spring onion particles. Repeat the kneading. Finally add in 1 tablespoon of oil and knead again. After that use tablespoons to hold the well-mixed paste. (Note that each of the tablespoons used must be first rubbed with oil to prevent sticking). Place the tablespoons of soya-bean curd paste in a steamer to steam over water for 5 to 6 minutes. (During steaming do not completely cover up the steamer make an outlet about $\frac{1}{2}$ an inch for the excess-steam to go).

After steaming, remove all the tablespoons of curd paste and allow them to cool down, then remove the cooked curd pieces from the spoons and place them in a plate.

The ingredients of Gravy Sauce:

Using 10 tablespoons of stock or water (about 8 ozs.) in a bowl, add in fine salt 1 teaspoon, Vesop $\frac{1}{2}$ teaspoon, fine sugar $\frac{1}{2}$ teaspoon, light soya sauce 1 teaspoon, sesame oil $\frac{1}{2}$ teaspoon, some pepper and stir evenly into gravy sauce. Put 1 tablespoon of cornflour in a bowl, add in 2 tablespoon of water and stir evenly into gravy powder.

Method of cooking:

Clean and heat the frying pan, pour in some oil to stain the surrounding of the pan. Put in the steamed curd pieces to fry both sides deliciously and transfer them to a plate.

Again clean and heat the pan, pour in 2 tablespoons of oil. Stir well the gravy sauce, pour in the pan and stir evenly. After that add in crab-meat and green peas. When the sauce boils, gradually add in the gravy powder. Stir during adding. Finally add in also the yolk of the egg and stir well. Use this delicious sauce to water the soya-bean curd pieces and serve.

中式葡國鷄

用料：

光童鷄一只，未割時連毛計約一斤半，洋葱頭一個，馬鈴茨（即荷蘭茨）兩個，胡蘿蔔刨淨計一兩半，毛菇一兩半，紙包裝青豆三湯羹，蔥頭仔三小粒，奶油兩湯羹，咖哩粉一湯羹，麵粉兩湯羹，刨好之椰子絲六兩。

製法：

先將光鷄斬成細件，用盤仔一只裝載，然後加放生抽兩湯羹，撈勻醃一息間，使其入味。洋葱頭將牠去衣切成小塊，馬鈴茨將牠刨皮切成粗粒，胡蘿蔔和毛菇同樣將牠切成粗粒，蔥頭仔去衣將牠切成小片，椰子絲將牠揸汁候用。

獻汁份量：

湯或清水六飯碗，重量約六十安士左右，加放幼食鹽一茶匙，蜂巢味素半茶匙，白糖兩茶匙，生抽兩茶匙，麻油一茶匙，胡椒粉些少，最後加放咖喱粉一湯羹，然後一齊攪勻候用，麵粉兩湯羹，加放清水三湯羹攪勻候用。

調製方法：

首先將用鑊一只洗淨燒熱，然後加放油約六飯碗左右，將油燒至滾，然後便將切好的馬鈴茨，全部放下鑊裏炸一息間，然後撈起盛着。醃好的鷄同樣將牠炸一息間，使其現出金黃色，然後撈起候用。接着再將用鑊洗淨燒熱，然後加放油約三湯羹，跟着便將切好的蔥頭仔和洋葱頭放下鑊裏炒香，繼將炸過之鷄和調好之味汁攪勻放下，蓋慢火炆約十五分鐘左右。然後便將切好的胡蘿蔔和毛菇，炸過的馬鈴茨和青豆等，一齊加放落鑊裏，再炆約十五分鐘左右，然後將味調準，最後將開好的麵粉攪勻放下，隨放隨用鐵壳推勻。跟着將牠兜起用焗窩一只裝載，揸出的椰汁和兩湯羹奶油攪勻淋放面上，然後成窩放進焗爐裏，用高度火力焗牠十二至十五分鐘左右（但焗爐必須要提前燒熱，時間約二十分鐘左右），焗到面上現出些少燴，然後取出原窩上台，即成。

PORTUGUESE DISH PREPARED IN CHINESE STYLE

Materials:

One well-slaughtered tender chicken (about 1½ kati with feather),	
Big onion — 1,	Potatoes — 2,
Red carrot (shaved) — 1½ tah.,	Canned fresh mushrooms — 1½ tah.,
Green peas — 3 tablespoons,	Small onion — 3,
Milk cream — 2 tablespoons,	Curry powder — 1 tablespoons,
Wheat flour — 2 tablespoons,	Grated coconut strips — 6 tah.

Preparation:

Cut the chicken into small pieces and put them into a small basin. Then add in light soya sauce 2 tablespoons, knead well and season for a while.

Scale and cut the big onion into small pieces.

Shave and cut the potatoes into coarse particles.

Cut the red carrot and the mushrooms into particles.

Scale and cut the small onions into small slices.

Squeeze the coconut juice from the coconut strips for use.

Gravy Sauce:

Using 6 rice-bowls of stock or fresh water (about 60 ozs.) in a container, add in fine salt 1 teaspoon, Vesop ½ teaspoon, sugar 2 teaspoons, light soya sauce 2 teaspoons, sesame oil 1 teaspoon, some pepper, curry powder 1 tablespoon and stir well for use.

Mix 2 tablespoons of wheat flour with 3 tablespoons of fresh water for use.

Method of finalising the dish:

Clean and heat the frying pan, pour in oil about 6 rice-bowls and boil it. Put in the potato particles to fry for a while and remove.

Fry the seasoned chicken-pieces for a while until the pieces turn into golden brown and remove for use.

Clean and heat the frying pan and pour in about 3 tablespoons of oil. Then put in the well-prepared small onion and big onion to fry deliciously. Later put in the slightly fried chicken-pieces and pour in the well-stirred gravy sauce. Cover the lid and simmer for about 15 minutes. Then put in the well-prepared red carrot, mushroom, slightly fried potato and green peas and simmer for another 15 minutes. Taste and adjust the favour of the soup.

Lastly add in wheat flour fluid. Stir during adding. Then transfer all to a baking container. Pour the coconut juice and the cream over the chicken pieces. Place the whole container in a baking oven to bake under high temperature for 12 to 15 minutes. (The baking oven must first be heated for about 20 minutes) until there is some smoke evaporating then remove the whole container from the oven and serve.

三絲燴魚肚

主要用料：

薄身魚肚乾計約貳兩，淨雞肉二兩，罐頭鮑魚約二兩，冬菇四只，冬筍半兩，葫蘿蔔刨淨計約半兩，生蔥三條，芫茜一棵，雞蛋一只，乾幼米粉些少。

製作方法：

魚肚貳兩，斬成細件，再用油適量，炸到鬆脆，撈起，用熱水浸至軟身，然後切成粗絲。淨雞肉二兩，鮑魚二兩，同樣切成絲。冬菇四只，用清水浸軟，去蒂，切成絲。生蔥三條，去頭尾些少，洗淨之後，同樣切成絲。

味湯與獻粉：

湯或清水三飯碗，重量約三十安士，轉用盅一只裝載，加放幼鹽三茶匙，蜂巢味素一茶匙，幼白糖一茶匙，生抽兩茶匙，蠔油兩茶匙，麻油一茶匙，胡椒粉些少，一齊攪勻，便成為味湯。粟粉三湯羹另外用碗裝載。加放清水三湯羹，攪勻便成為獻粉。

燴的方法：

將鑊洗淨，燒熱，加放油約四飯碗，燒至滾時，將米粉些少，放落鑊，炸到鬆脆，然後撈起，用碟裝載。鑊裏的油，倒回油盆，大約剩回三湯羹左右，然後將切好的鷄絲，筍絲，葫蘿蔔絲，一齊放落鑊炒香，跟着燴上花彫酒約兩茶匙。然後就將調好的味湯攪勻，全部倒放落鑊裏，切好的魚肚，鮑魚絲，冬菇絲，一齊加放落去，滾一息間，跟着開好的獻粉攪勻，隨少隨少加放落去，隨放隨用鐵壳推勻。最後將雞蛋一只打開，拂爛些少，加放落去，再推勻，然後撈起，用深的鵝蛋形碟裝載，炸好的米粉，放在面上，蔥與芫茜，放在米粉面上即成。

THREE STRIPS WITH FISH-STOMACH

Materials:

Thin fish-stomach (dried) — 2 tah.,	Chicken-meat — 2 tah.,
Canned abalone — 2 tah.,	Mushrooms — 4,
Bamboo shoots — $\frac{1}{2}$ tah.,	Red carrot (scraped) — $\frac{1}{2}$ tah.,
Spring onion — 3 stalks.,	Parsley — 1 stalk.,
Egg — 1,	Some dry vermicelli.

Preparation:

Cut the first-stomach into small pieces and fry them in suitable amount of boiling oil until the pieces are crisp and spongy. Then transfer them to hot water to soften them. After that cut them into thick strips.

Cut the chicken-meat and the abalone also into strips.

Soak and cut the mushrooms also into strips.

Clean and cut the spring onion into strips.

Gravy Sauce and Gravy Powder:

Using 3 rice-bowls of stock or fresh water (about 30 ozs.) in a container, add in fine salt 3 teaspoons, Vesop 1 teaspoon, fine sugar 1 teaspoon, light soya sauce 2 teaspoons, oyster sauce 2 teaspoons, sesame oil 1 teaspoon, some pepper and stir thoroughly into gravy sauce.

Put 3 tablespoons of cornflour in a bowl, add in 3 tablespoons of fresh water and stir evenly into gravy powder.

Method of cooking:

Clean and heat the frying pan, pour in about 4 rice-bowls of oil and boil it. Put in the dry vermicelli to fry until crisp and transfer it to a plate.

Pour the oil back to the container leaving only 3 tablespoons in the pan, put in the well-prepared chicken-meat strips, bamboo shoot strips and red carrot strips to fry deliciously. Add in 2 teaspoons of Chinese "Far Teow" wine. Stir well the gravy sauce and pour in the pan. Put in the well-prepared fish-stomach strips, abalone strips and mushroom strips to boil for a while. Then gradually add in well-stirred gravy powder. Stir with scoop during adding. Lastly break and beat the egg and add in. Stir gently and transfer the foodstuff to an oval plate of deep colour. Sprinkle the crisp vermicelli over the dish and on top of the vermicelli sprinkle the spring onion and parsley strips.

西洋牛肉賣

主要用料：

鮮牛肉十二兩，肥豬肉三兩，陳皮（即果皮）些少，大約一角左右，西洋菜十二兩。

製作方法：

牛肉洗淨之後，用刀將它剝至茸爛，肥豬肉將牠切成細粒，陳皮些少，先用清水將牠浸軟，然後將牠切成幼細粒，西洋菜，每棵淨要嫩蘆，洗淨後，用篩一只裝載。

調餡之方法與份量：

首先將剝爛之牛肉轉用盤仔一只裝盛，然後加放梳打粉兩茶匙，食鹽一茶匙半，蜂巢味素一茶匙，幼白糖一茶匙半，生抽半湯羹，麻油一茶匙，胡椒粉些少。接着加放清水五湯羹，然後用手一齊將牠搓勻，再用力搓至起膠為止，接着便將切好之肥豬肉粒、陳皮粒，一齊加放下去，再將牠搓勻，最後加放粟粉三湯羹，再搓勻，然後將牠分作三十粒左右（醃約兩三小時左右）。摘好之西洋菜用滾水焯，將牠灼一息間，跟着撈起用清水漂凍，以多少份牛肉，將牠分作多少份。

釀與蒸之法：

首先準備十五只三吋半深底的圓小碟，每只先掃上油些少，然後將一份西洋菜，搞作一齊，跟着釀上一份搓好的牛肉，每一碟裝兩件，如是者全部已釀好，再一碟一碟排放蒸籠裏，隔水蒸約十分鐘左右，就熟了。

STEAMED WATER-CRESS STUFFED WITH SIRLOIN PASTE

Materials:

Beef (sirloin) — 12 tah., Fat pork — 3 tah.,
Dried orange crust — a small piece, Water-cress — 12 tah.

Preparation:

Clean and mince the beef sirloin. Cut the fat pork into particles. Soak the dried orange crust and cut it into particles. Select only the green portions of the water-cress and place them in a bamboo sieve.

The method of and the ingredients for preparing stuffing:

Put the minced beef sirloin in a plate, add in bi-carbonate of soda 2 teaspoons, fine salt $1\frac{1}{2}$ teaspoons, Vesop 1 teaspoon, fine sugar $1\frac{1}{2}$ teaspoons, light soya sauce $\frac{1}{2}$ tablespoon, sesame oil 1 teaspoon, a little pepper powder, fresh water 5 tablespoons and knead thoroughly until it is sticky. Then add in the well-prepared fat pork and orange-crust particles. Repeat the kneading. Lastly add in cornflour 3 tablespoons and knead again. Make the beef paste into 30 rounds and season them for about two or three hours. Boil the well-prepared water-cress in oily boiling water for a while and transfer it into fresh water, then separate it into 30 portions.

Method of stuffing water-cress with sirloin paste:

Take 15 plates (each about $3\frac{1}{2}$ " deep) and rub each of them with some oil. Place one portion of sirloin paste on one portion of water-cress. Put this well-prepared article in a plate. Then place all the plates with articles in the steamer to steam over water for about 10 minutes.

青椒炒三球

主要用料：

淨鷄肉四兩，淨蝦肉四兩，鷄腎四個，大青椒兩只，紅辣椒兩只，細小之洋葱頭一個，罐頭草菇二兩，生蔥四條，生薑四小片，鷄蛋一只。

製作方法：

淨雞肉，將牠斬成細件，淨蝦肉每只，將蝦背剖開些少，洗淨後盛去水份，和斬好之雞肉一齊裝載，跟着就加放幼食鹽一茶匙，蜂巢味素些少，幼白糖半茶匙，麻油半茶匙，胡椒粉些少，雞蛋打開，淨要蛋白約一湯羹，然後用手一齊撈勻，接着加放粟粉一湯羹，再將牠撈勻，最後加放花生油一湯羹，再將牠撈勻，醃牠大約十五分鐘左右，使牠入味。雞腎，每個將牠切開四件，每件將牠改切綜橫線，必須要與外層皮黏連，全部改切好，然後用滾水將牠灼熟，這種做法，會使牠變作綉球形狀。大青椒和紅辣椒，同樣將牠去蒂去核，然後再將牠切成小塊，洋葱頭，將牠去衣洗淨，再切成小塊，草菇，將牠切成小片，生蔥，去頭尾些少，洗淨之後，將牠切成寸度。

獻汁之份量：

湯或水五湯羹，用碗一只裝載，然後加放幼食鹽半茶匙，蜂巢味素半茶匙，幼白糖半茶匙，生抽一茶匙，蠔油兩茶匙，麻油一茶匙，胡椒粉些少，最後加放粟粉半湯羹，然後將牠一齊攪勻。

炒之方法：

首先將用鑊洗淨燒熱，然後加放油大約五飯碗左右，將油燒到略滾時，然後將醃好的雞球，蝦球一齊放下油鑊裏，將牠略炸一息間，時間大約是半分到一分鐘左右，然後將牠撈起盛去油份，將油倒回油盤裏，大約剩餘兩湯羹左右，然後將四片生薑，和切好的洋葱頭、青紅辣椒、草菇、生蔥等，一齊放在鑊處將牠炒香，接着將灼熟的腎球連同炸過的雞蝦球，一齊加放在鑊處，將牠一齊兜勻，跟着燴上花彫酒約半湯羹，再將牠兜勻，最後將調好的獻汁攪勻，滲放鑊裏，再將牠兜勻，跟着兜起用碟一只裝載，即成。

FRIED GREEN PEPPER WITH CHICKEN-MEAT, CHICKEN-KIDNEYS AND PRAWNS

Materials:

Chicken-kidneys — 4,	Prawn-meat — 4 tah.,
Red chilli — 2,	Green chilli — 2,
Canned straw mushrooms — 2 tah.,	Small onion — 1,
Ginger — 4 slices,	Spring onion — 4 stalks,
Chicken-meat — 4 tah.,	Egg — 1.

Preparation:

Clean and cut the chicken-meat into small pieces. Cut the prawns at the back portion and clean them. Then place them together with the chicken-meat in a plate. Add in fine salt 1 teaspoon, a little Vesop, fine sugar $\frac{1}{2}$ teaspoon, sesame oil $\frac{1}{2}$ teaspoon, a little pepper powder. Break the egg and abstract 1 tablespoon of egg-white and add in. Knead well and add in 1 tablespoon of cornflour. Lastly add in 1 tablespoon of peanut-oil and knead again. Season for about 15 minutes.

Cut each of the chicken-kidneys into four pieces and further cut each pieces length and crosswise which stick to the outer fat layer. Then boil them in boiling water to make them into a ball-shaped.

Remove stems and seeds from the green chilli and the red chilli and cut them into small pieces. Scale and clean the onion and cut it into small pieces. Cut the canned straw mushrooms also into small pieces. Clean and cut the spring onion into short lengths.

Gravy Sauce:

Measure about 5 tablespoons of stock or fresh water in a bowl, add in fine salt $\frac{1}{2}$ teaspoon, Vesop $\frac{1}{2}$ teaspoon, fine sugar $\frac{1}{2}$ teaspoon, light soya sauce 1 teaspoon, oyster sauce 2 teaspoons, sesame oil 1 teaspoon, a little pepper powder, $\frac{1}{2}$ tablespoon of cornflour and stir thoroughly.

Method of frying:

Clean and heat the frying-pan, pour in about 5 rice-bowls of oil. When the oil slightly boils, put in the seasoned chicken-meat and prawn-meat to fry for $\frac{1}{2}$ to 1 minute and remove to drip off the excess oil. Pour back the oil to the container leaving only 2 tablespoons in the pan and put in the 4 ginger slices, the well-prepared onion, green chilli and red chilli, mushroom and spring onion to fry deliciously. Then put in the slightly boiled chicken-kidney, chicken-meat and prawn-meat. Stir thoroughly and splash in $\frac{1}{2}$ tablespoon of Chinese "Far Teow" wine. Add in the well-stirred gravy sauce. Stir during adding. Then transfer the foodstuff to a plate for service.

羌 葱 鹽 焗 雞

用 料：

光肥雞一隻，未割時連毛計約三斤重左右，生葱十條，嫩子羌約二兩，紅辣椒一只。

製 法：

先將光雞洗淨，將腳斬去些少，候用。

生葱去頭尾，淨洗後將一半切絲，一半切粒，羌刮淨後，同樣將一半切成幼絲，一半拍爛剝成細粒，紅辣椒去核，同樣將牠切成絲。

醃雞之方法與份量：

將切好的葱粒和羌粒用碗一只裝載，然後加放幼食鹽一湯羹，蜂巢味素一茶匙，幼白糖兩茶匙，麻油一茶匙，胡椒粉些少，花彫酒一湯羹，一齊將牠拌勻，然後全部放入雞肚內，塗勻四週圍，醃約二十分鐘左右，使其入味。

蒸焗之方法：

首先將醃好之雞用碟盛着放落蒸籠裏，隔水將牠蒸約十分鐘至十二分鐘左右，然後取出，用生抽三湯羹，加放清水三湯羹攪勻，然後淋勻雞身。跟着用鐵盤盛着放入焗爐裏，用高度火力將牠反覆焗約二十分鐘左右，够香熟為好，而盤底須先掃上油些少，同時焗爐須先燒熱，然後才可將雞放入焗爐裏。焗好取出，等凍些少，然後將牠斬件，再砌回雞樣。而切好的葱絲和羌絲辣椒絲等，將牠拌勻，圍伴雞傍邊。最後將焗雞的原汁淋上些少雞面，即成。

ROAST CHICKEN WITH GINGER, ONION AND SALT

Materials:

1 clean fat chicken (about 3 kati with feather),
Spring onion — 10 sprigs, Ginger — 2 tahs.,
Red chilly — 1.

Preparation:

Clean the chicken and chop off the legs for use.

Cut off the roots and yellow ends of the spring onion, cut half of it into strips and the other half into particles. Scrape and clean the ginger, cut half of it into strips and the other half into particles. Cut the red chilly and remove the seeds, then cut it into strips.

Method of and the ingredients for seasoning the chicken:

Put all the spring onion and ginger particles in a bowl, then add in 1 tablespoon salt, 1 teaspoon Vesop, 2 teaspoons sugar, 1 teaspoon sesame oil, some pepper and 1 tablespoon Chinese wine. Mix all these thoroughly and put this mixture into the stomach of the chicken and rub it thoroughly with the mixture. Season the chicken for about 20 minutes.

Method of steaming and roasting:

First place the seasoned chicken in a plate and put it in a steamer, steam the chicken over water for 10 to 12 minutes. Then take out the chicken and water it with a mixture of 3 tablespoons light soya sauce and 3 tablespoons of water. After that place the chicken in a steel plate and put in the roasting oven to roast evenly with high heat for about 20 minutes until delicious smell is given out. (Note that the bottom of the steel plate has to be first rubbed with oil, and before putting in the chicken the roasting oven must be highly heated). When roasted, remove it and let it cool down. Then cut into pieces and display all pieces jointly as its original shape of a chicken.

Mix all the spring onion strips, ginger strips and red chilly strips to decorate the plate. Water the roasted chicken with original sauce and the dish is ready to be served.

游 龍 吐 珠 (即粟米燴蝦球)

用 料：

大蝦連壳計一斤，拆好的蟹肉二兩，罐頭粟米四湯羹，紙包裝青豆兩湯羹，茺茜一棵，雞蛋一只。

製 法：

大蝦一斤，全部去壳，開背洗淨之後，盛去水份，轉用碗一只盛裝，跟着加放幼鹽一茶匙，幼白糖半茶匙，胡椒粉些少，接着將雞蛋一只打開，淨放蛋白一湯羹，然後用手一齊攪勻，最後加放粟粉兩湯羹，再攪勻，醃約十五分鐘，使其入味，剩餘的雞蛋，留回煮獻汁時用。

味汁與獻粉：

湯或清水十湯羹，重量大約八安士，轉用盅一只裝載，然後加放幼鹽一茶匙，蜂巢味素半茶匙，麻油半茶匙，胡椒粉些少，一齊攪勻，便成味汁，粟粉一湯羹，另外用碗裝載，加放清水兩湯羹，攪勻候用。

炸與燴的方法：

首先將醃好的大蝦，全部黏上適量茨粉，接着將鑊洗淨燒熱，加放油五飯碗，將油燒到滾，然後將黏好茨粉的蝦，全部放下油鑊裏，炸到脆熟為好，時間約兩分鐘左右，炸好用碟一只裝載，鑊裏的油倒回油盆裏，再將鑊洗淨燒熱，加放油約兩湯羹，跟着將調好的味汁攪勻，放下鑊裏，四湯羹的粟米和二兩蟹肉，兩湯羹青豆，一齊放落鑊，等煮到略滾時，然後將開好的獻粉攪勻，隨少隨少放下，隨放隨用鐵壳推勻，最後將剩餘的雞蛋，加放落去，再推勻，然後兜起，全部淋上已炸好的蝦球面上，茺茜一棵洗淨，只要葉圍放在傍邊即成。

FRIED PRAWNS WITH CORN-GRAINS

Materials:

Canned cream corns — 4 tablespoons.,
Big prawns (with shells) — 1 kati, Crab-meat — 2 tah.,
Green peas — 2 tablespoons, Parsley — 1 stalk,
Egg — 1.

Preparation:

Scale the big prawns, cut them from the back and clean them. Drain off the water and put them in a bowl. Then add in fine salt 1 teaspoon, fine sugar $\frac{1}{2}$ teaspoon, and some pepper. Break the egg, abstract 1 tablespoon of the egg-white and add in. Knead them thoroughly with hand. Lastly add in 2 tablespoons of cornflour. Knead again and season the prawns for about 15 minutes. Keep the remaining egg for later use.

Gravy Sauce and Gravy Powder:

Using 10 tablespoons of stock or fresh water (about 8 ozs.) in a container, add in fine salt 1 teaspoon, Vesop $\frac{1}{2}$ teaspoon, sesame oil $\frac{1}{2}$ teaspoon, some pepper and stir thoroughly into gravy sauce.

With a separate bowl add in 1 tablespoon of cornflour, with 2 tablespoons of water and stir it for use.

Method of frying:

First coat the seasoned prawns with starch flour. Clean and heat the frying-pan pour in 5 rice-bowls of oil and boil it. Put in the prawns to fry for about 2 mins. until they are cooked and crispy. After that transfer them to a plate. Pour the oil back to the container.

Again clean and heat the frying-pan, pour in 2 tablespoons of oil and pour in the well-stirred gravy sauce. Put in the 4 tablespoons of corn-grains, crab-meat and two tablespoons of green peas. When it is slightly boil, stir well the gravy powder and gradually add in. Stir with scoop during adding.

Lastly add in the remaining egg and stir thoroughly, after that pour the gravy sauce on top of the well-fried prawns.

Clean and select only the green leaves of the parsley to garnish the plate and serve.

玉腦魚雲羹

用 料：

豬腦一副，鯪魚頭一邊（約一斤重），叉燒一兩，拆好的蟹肉二兩，罐頭蘑菇一兩，冬筍半兩，紙包裝青豆兩湯羹，茺茜一棵，幼米粉少許（約半兩），雞蛋一只。

製 法：

豬腦，先將腦外面紅筋線抽去，用碟裝着放落蒸籠裏，隔水蒸約十分鐘左右，蒸好取去待凍透，用刀切成小粒。鯪魚頭，去鱗去魚腮，洗淨後加生抽兩湯羹，搽勻整邊魚頭，將鑊洗淨燒熱，加油五飯碗，燒滾將搽好生抽的魚頭，成邊放入油鑊裏，炸一息間即撈起放上盤仔盛載，隨將成盤放落蒸籠，隔水蒸約半小時，蒸好取出，待凍透將魚骨全部拆出，魚肉魚雲留候用。叉燒，用刀切成小薄片，蘑菇，冬筍，同樣切成小薄片，茺茜，洗淨去頭，用刀鋤短些少。

味 汁：

湯或清水三飯碗，連豬腦，魚頭，蒸出的汁水（總計），加放幼食鹽兩茶匙半，蜂巢味素一茶匙，幼白糖一茶匙，生抽兩茶匙，麻油一茶匙，胡椒粉少許，攪勻成爲味汁。

獻 粉：

粟粉三湯羹半，加放清水三湯羹，攪勻便成獻粉，埋獻時用。

煮 法：

先用鑊洗淨燒熱，加生油約兩湯羹半，將好切蘑菇，冬筍，放入鑊裏，燴上花彫酒半湯羹，並將調好的味汁攪勻，全部放入鑊裏待滾時將開好的獻粉攪勻，逐少逐少放落鑊裏，隨放隨用鐵壳推勻，使其再滾然後便將豬腦，魚肉，切好叉燒，蟹肉，青豆，滲放鑊裏，再將輕輕推勻，最後將雞蛋一只打開放下，再推勻，然後兜起用瓦窩盛載。幼米粉少許，用適量油炸脆，搽碎些少，放在面上，洗淨茺茜，鋪在米粉上面即成。

STEAMED PIG-BRAIN AND FISH-HEAD IN SAUCE

Materials:

One pig-brain, half portion of a carp (a fresh water fish) head (about 1 kati in wt.),	
Roasted lean pork — 1 tah.,	Green peas — 2 tablespoons,
Crab-meat — 2 tah.,	Parsley — 1 stalk,
Canned button mushrooms — 1 tah.,	Vermicelli — $\frac{1}{2}$ tah.,
Bamboo shoot — $\frac{1}{2}$ tah.,	Egg — 1.

Preparation:

First pick away the blood vessels from the pig brain). Put the whole plate of pig-brain in the steamer to steam over water for about 10 minutes. After that remove to allow it to cool. Cut the pig-brain into small particles.

Scale the half portion of the carp-head and remove the gills. Clean it and rub it with 2 tablespoons of light soya sauce.

Clean and heat the frying-pan, pour in 5 rice-bowls of oil and boil it. Put in the carp-head to fry for a while and transfer it to a plate. Immediately place the whole plate in the steamer to steam over water for about half an hour. After steaming remove to allow it to cool and abstract all meat for use.

Cut the roasted lean pork into thin slices.

Cut the mushrooms and the bamboo shoot also into thin slices.

Clean the parsley and cut it shorter for use.

Gravy Sauce:

In a container, pour in 3 rice-bowls of stock or fresh water and with the amount of the steamed stock of the pig-brain and fish-head. Add in fine salt $2\frac{1}{2}$ teaspoons, Vesop 1 teaspoon, fine sugar 1 teaspoon, light soya sauce 2 teaspoons, sesame oil 1 teaspoon, a little pepper powder and stir thoroughly into gravy sauce.

Gravy Powder:

Mix $3\frac{1}{2}$ tablespoons of cornflour with 3 tablespoons of fresh water thoroughly into gravy sauce.

Method of cooking:

Clean and heat the frying-pan, pour in $2\frac{1}{2}$ tablespoons of peanut-oil and put in the well-prepared mushrooms and bamboo shoot. Add in $\frac{1}{2}$ tablespoon of Chinese Far Teow wine. Stir well the gravy sauce and add in. When it boils gradually add in the well-stirred gravy powder and stir with scoop. When it boils again, put in the well-steamed pig-brain, fish-meat, the roasted lean pork, crab-meat and green peas. Stir gently. Lastly break in the egg. Stir again. Then transfer all to an earthenware container.

Fry the vermicelli in suitable amount of boiling oil and remove. Break the crisp vermicelli a bit and sprinkle on the dish. Put in also the well-prepared parsley to serve.

甫魚什錦炆麵

用料和製法：

熟麵十二兩，用清水洗淨盛乾候用，淨蝦肉貳兩，開背洗淨候用，淨豬肉貳兩，淨豬肝貳兩，淨魚肉貳兩，同樣將牠切成小片，候用，左口魚即扁魚一條，將肉起出捏碎候用，菜心半斤，每棵淨要嫩蓮，將牠洗淨候用，蒜頭兩小粒，將牠去衣拍爛，再用刀剝成細粒候用。

味汁份量：

湯或清水兩飯碗，重量約二十安士，加放蜂巢味素一茶匙，白糖一茶匙，生抽半湯羹，蠔油半湯羹，珠油（即比晒油更濃厚些少的醬油）半湯羹，麻油一茶匙，胡椒粉些少，一齊拌勻候用。

炒之方法：

首先將用鍋洗淨燒熱，然後加放油約三湯羹，跟着便將捏碎之左口魚肉約一湯羹左右，放下鍋裏兜香，接着便將切好之豬肉和豬肝，魚肉，蝦肉等一齊放下鍋裏炒香，炒好將牠撥放一傍，然後便將剝好之蒜頭，放下起鍋，並再加放油些少，接着便將洗淨的菜心放下，再將牠一齊兜勻，此時便將調好之味汁，攪勻放下，立刻蓋蓋，使牠燒滾，然後便將洗淨盛乾的熟麵，全部一齊放下，用慢火將牠炆至汁乾為好，時間約四五分鐘左右，炆好兜起用碟裝載即成。

FRIED NOODLE MIXED WITH FLAT-FISH

Materials:

12 tah. of noodle (clean with water allow it to dry),
2 tah. prawns (scaled, cut and clean),
2 tah. lean pork,
2 tah. pig's kidney } (all cut into small slices for use),
2 tah. fish-meat,
1 fish (minced for use) — flat fish or sole,
 $\frac{1}{2}$ kati Chinese cabbage (wash clean for use),
2 garlic (scaled and smashed for use).

Components of Gravy Sauce:

2 rice-bowls of stock or water (about 20 ozs.) add 1 teaspoon of Vesop, 1 teaspoon sugar, $\frac{1}{2}$ tablespoon of light soya sauce, $\frac{1}{2}$ tablespoon oyster sauce, $\frac{1}{2}$ tablespoon thick black sauce (a kind of more dense black soya sauce), 1 teaspoon sesame oil and some pepper and mix all these thoroughly for use.

Method of cooking:

Wash and heat the frying pan, pour in 3 tablespoons of oil, then put in 1 tablespoon of the minced flat-fish to evaporate good smell. After that add in all the well-prepared pork, pigs kidney, fish-meat and prawn-meat etc., and fry these until it evaporate delicious smell and settle it by the side of the pan. Sprinkle in the garlic particles and add in some oil. Put in the clean-cut Chinese cabbage. Mix all thoroughly. Stir evenly the gravy sauce and pour in the pan. Cover the pan and allow the mixture to boil. Then put in the clean-dried noodle. Use low temperature to cook for 4 to 5 minutes till the soup dries up then serve the well-fried noodle in plate.

法鉢杏仁雞丁

用料：芋頭去皮刨淨計四兩，淨雞肉六兩，大青椒一只約二兩重左右，紅辣椒一只，毛菇一兩，冬筍一兩，葫蘿蔔刨淨計一兩，洋葱頭一個，生葱三條，生菜一棵，青瓜一條，蕃茄一個，西芹些少，汀麵粉三湯羹，杏仁一兩。

製作方法：芋頭，用刀將牠切成細件，然後同篩裝載，跟着整篩放落蒸籠處，隔水蒸約三十分鐘左右，以够熟為好，蒸好取出，然後用刀將牠搓至茸爛候用。淨雞肉，用刀將牠切成粗粒，切好用碗裝載，然後加放幼食鹽半茶匙，蜂巢味素些少，幼白糖些少，麻油半茶匙，胡椒粉些少，粟粉半湯羹，跟着用手一齊將牠撈勻，最後再加放花生油約半湯羹，再將牠撈勻醃牠一息間，使其入味。大青椒和紅辣椒，同樣將牠去蒂去核，然後再將牠切成小塊，毛菇和葫蘿蔔，同樣切成小粒，洋葱頭，將牠去外層衣，然後切成小塊，生葱，將頭尾些少切去，洗淨之後，再將牠切成寸度，生菜，淨要嫩葉，洗淨之後再將牠切絲，要圍伴法鉢傍邊用。青瓜和蕃茄，將牠改花切片，圍伴碟邊用。西芹將牠去梗洗淨，圍伴碟邊四週圍，汀麵粉三湯羹，用三湯羹滾水將牠沖熟。杏仁，先用滾水將牠滾一息間，然後撈起去壳衣，跟着再用滾水滾牠三四分鐘左右，滾好撈起盛去水份，最後用適量之滾油將牠炸脆候用。

獻汁之份量：湯或清水四湯羹用碗裝載，然後加放幼食鹽半茶匙，蜂巢味素些少，幼白糖半茶匙，生抽一茶匙，蠔油一茶匙，麻油半茶匙，胡椒粉些少，最後加放粟粉半湯羹，然後將牠一齊攪勻即成獻汁。

法鉢之造法與份量：將搓好之芋頭和沖熟之汀麵粉放在一齊，然後加放幼食鹽 $\frac{3}{4}$ 茶匙，幼白糖半湯羹，五香粉些少，油半湯羹，跟着用手一齊將牠搓勻，若然有黏手的話，手可以沾些少茨粉，接着用手將牠造成一個無底鉢形，用有窿的竹筴盛着，再用適量滾油將牠炸到脆熟為好。用有生菜絲和青瓜蕃茄圍邊之碟裝載。

炒料之方法：首先將用鑊洗淨燒熱，然後加放油大約五飯碗左右，將油燒到略略滾的時候，然後將醃好的雞丁即雞粒，全部放落油鑊處，將牠略炸一息間，即泡嫩油。炸好將牠撈起盛住將油倒回，大約剩餘兩湯羹左右，然後將切好的洋葱頭和大青椒，葫蘿蔔，毛菇，冬筍，生葱，紅辣椒等，一齊放落鑊處，起鑊將牠炒香，跟着將炸過的雞粒滲放落去一齊同炒，並且續上花彫酒半湯羹，接着將調好的獻汁攪勻，全部滲放落去，再將牠兜勻，最後，將炸好的杏仁滲放落去，再將牠兜勻，然後將牠兜起放落炸好的法鉢裏即成。

備註：汀麵粉，即由麵粉，用清水洗出，再隔淨曬乾，便稱作「汀麵粉」，但可用「茨粉」或「粟粉」代替。

A YAM-POT WITH CHICKEN-PARTICLES AND ALMOND

Materials:

Yam (scraped) — 4 tah.,	Chicken-meat — 6 tah.,
Big green chilli — 1 (abt. 2 tah. in wt.),	Red chilli — 1,
Button mushrooms — 1 tah.,	Bamboo shoot — 1 tah.,
Red carrot (scraped) — 1 tah.,	Big onion — 1,
Spring onions — 3 sprigs.	Lettuce — 1,
Cucumber — 1,	Tomato — 1,
Some parsley,	"Tung Mien" flour — 3 tablespoons,
Almond — 1 tah.	

Preparation:

Cut the yam into small pieces and put them in a bamboo sieve. Put the whole sieve in the steamer to steam for about 30 minutes and remove. Press the yam pieces into mash by knife for use. Cut the chicken-meat into particles and put them in a bowl. Add in fine salt $\frac{1}{2}$ teaspoon, a little Vesop, a little fine sugar, sesame oil $\frac{1}{2}$ teaspoon, a little pepper powder, cornflour $\frac{1}{2}$ tablespoon and knead evenly. Lastly add in peanut-oil $\frac{1}{2}$ tablespoon, knead again and season for a while. Remove stems and seeds from green chilli and red chilli. Cut them into small pieces. Cut the mushrooms and carrot into particles. Scale and cut the big onion into small pieces. Clean and cut the spring onion into short lengths. Select and clean the green leaves of the lettuce. Cut the lettuce into shreds for garnishment. Cut the cucumber and the tomato into designed slices for garnishment. Remove stems from parsley and clean the parsley for garnishment. Mix the 3 tablespoons of "Tung Mien" flour with 3 tablespoons of boiling water. Boil the almond in boiling water for a while and remove. Scale the almond and boil the almond for 3 to 4 minutes. Remove the almond to drip off the excess water. Then fry the almond in boiling oil until crisp.

Gravy Sauce:

Measure about 4 tablespoons of fresh water in a bowl, add in fine salt $\frac{1}{2}$ teaspoon, a little Vesop, fine sugar $\frac{1}{2}$ teaspoon, light soya sauce 1 teaspoon, oyster sauce 1 teaspoon, sesame oil $\frac{1}{2}$ teaspoon, a little pepper powder, cornflour $\frac{1}{2}$ tablespoon and stir thoroughly into gravy sauce.

Method of and the ingredients for preparing yam-pot:

Mix the yam mash and the well-prepared "Tung Mien" flour together. Add in fine salt $\frac{3}{4}$ teaspoon, fine sugar $\frac{1}{2}$ tablespoon, a little 5-spice powder, oil $\frac{1}{2}$ tablespoon and knead thoroughly. If it is too sticky, sprinkle your hands with some starch flour. Then knead the mixture into cylindrical shape and place it in a bamboo set. Fry it with suitable amount of boiling oil until cooked and crisp. Then transfer it to the plate garnished with lettuce, cucumber and tomato.

Method of frying stuffing:

Clean and heat the frying-pan, pour in about 5 rice-bowls of oil and boil it slightly. Put in the seasoned chicken-meat to fry for a while and remove. Pour the oil back to the container leaving only 2 tablespoons in the pan. Then put in the well-prepared big onion, green chilli, red carrot, mushroom, bamboo shoot, spring onion and red chilli etc. to fry aromatically. Add in the slightly fried chicken-meat. Splash in $\frac{1}{2}$ tablespoon of Chinese Far Teow wine. Stir well the gravy sauce and pour in. Stir well again. Lastly add in the well-fried almond and stir thoroughly. After frying, transfer all to the hollow-space of the yam-cylinder (yam-pot) and serve.

Remarks: "Tung Mien" flour is obtained through the following process:

Wash the wheat flour in fresh water and filter them. After filtering, dry it under sunlight and it is name as "Tung Mien" flour but starch flour or cornflour can be substituted if "Tung Mien" flour is not available.

蟹璜燴鮮菇

主要用料：

羔蟹一只大約十二兩重，大罐鮮草菇一罐，生菜半斤，上湯一飯碗重量大約十安士左右。

製作之方法：

羔蟹一只用刀將牠斬開兩邊，然後用手將蟹羔挖出，洗淨後，用碗裝載，用手將牠搥爛些少，而蟹則先將牠洗淨，然後用適量之滾水，將牠焗熟，時間大約六分鐘左右，焗好撈起，等凍些，然後將蟹肉拆出候用。草菇一罐，開罐後將水倒去，每一粒將牠切開兩片或三片（如果十分細粒，原粒），生菜半斤，一塊塊撕開，淨要嫩葉，洗淨之後用篩裝載。

味汁和獻粉之份量：

上湯一飯碗，加放幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖半茶匙，生抽一茶匙，麻油一茶匙，胡椒粉些少，然後將牠一齊攪勻，候用。

粟粉一湯羹，另外用碗裝載，加放清水一湯羹，攪勻候用。

燴之方法：

首先將用鑊洗淨燒熱，然後加放油大約五飯碗左右，將牠燒滾，然後將切好之草菇盛去水份，全部放落油鑊處，將牠略略炸一息間，跟着撈起盛去油份，將油倒回，大約剩餘一湯羹左右，然後將調好之味汁攪勻倒放鑊裏，炸過的草菇亦加放落去，慢火滾牠一息間，跟着連汁水將牠兜起用盅裝載，浸牠一息間，使其入味，以上的方法即稱為餛飩。洗淨的生菜用滾水油適量，將牠灼熟，盛去水份，鋪墊碟底用，接着將用鑊洗淨燒熱，然後將餛飩好味的草菇，連汁水再倒放落鑊裏，再滾時，然後將拆好的蟹肉，參放落去，接着將開好的獻粉攪勻，隨少參放落去埋獻，跟着將搥爛的蟹羔參放下去，再將牠推勻，使牠再滾，然後將牠兜起，鋪放在灼熟的生菜面上，即成。

MUSHROOM IN CRAB-ROE SAUCE

Materials:

A big crab (with roe) — about 12 tah. in wt.,
A big can of straw mushrooms, Lettuce — $\frac{1}{2}$ kati,
Stock — 1 rice-bowl (about 10 ozs.)

Preparation:

Cut the crab into two pieces and abstract all the roe in a bowl. Knead the roe a bit with hand. Clean the crab-pieces and boil them in a suitable amount of boiling water for 6 minutes. Remove and allow them to cool. Then abstract all the meat in a bowl. Cut each of the straw mushrooms into two or three slices. (Do not cut the small ones.)

Select and clean the green leaves of the lettuce for use.

Gravy Sauce & Gravy Powder:

Measure about one rice-bowl of stock, add in fine salt 1 teaspoon, Vesop $\frac{1}{2}$ teaspoon, fine sugar $\frac{1}{2}$ teaspoon, light soya sauce 1 teaspoon, sesame oil 1 teaspoon, a little pepper powder and stir thoroughly into gravy sauce for use.

Mix 1 tablespoon of cornflour with 1 tablespoon of fresh water in a bowl for use.

Method of finalising the dish:

Clean and heat the frying-pan, pour in about 5 rice-bowls of oil and boil it. Put in the mushroom slices to fry for a while and remove. Pour the oil back to the container, leaving only 1 tablespoon in the pan. Stir the gravy sauce and pour in. Then put in the slightly-fried mushroom slices to boil for a while. Transfer the mushroom slices with sauce in a container to soak for a while.

Boil the clean lettuce leaves with suitable amount of boiling oily water and remove to drip off the water. Place the lettuce leaves in a plate.

Again clean and heat the frying-pan, pour in the well-soaked mushroom slices with sauce to boil. Then put in the crab-meat. Stir the gravy powder and gradually add in. Add in also the crab-roes and stir well. When it boils, transfer all to the plate placed with lettuce and serve.

西汁焗鰱魚

主要用料：

鰱魚一條大約一斤重左右，芹菜一棵，洋蔥頭一個，胡蘿蔔刮淨計約一兩，青瓜一條，蕃茄一個，西芫茜些少約半兩左右，雞蛋一只。

製作方法：

鰱魚去鱗開肚，洗淨之後再用刀在魚背兩邊斜刀切三下，不必到骨，好像一個「三」字之形狀，接着加放幼食鹽三茶匙，蜂巢味素半茶匙，白糖一茶匙，搽勻魚身四週圍，醃二十分鐘左右，使牠入味。芹菜一棵，去頭洗淨之後將牠切碎，洋蔥頭去皮後，將牠切成絲，胡蘿蔔一兩將牠切成小片。青瓜一條和蕃茄一個將牠改花切片，圍伴碟邊用。

獻汁之份量：

湯或清水十湯羹，另外用碗裝載，跟着加放喼汁一湯羹半，A1 梳士一湯羹，蜂巢味素半茶匙，幼白糖一湯羹，生抽半湯羹，晒抽半茶匙，麻油一茶匙，最後加放粟粉半湯羹，然後將牠一齊攪勻，即成。

調製之方法：

將雞蛋一只打開用碗裝載，然後加放粟粉兩湯羹，麵粉兩湯羹，一齊將牠攪勻，然後搽勻整條魚身，接着將用鑊洗淨燒熱，然後加放油，大約七飯碗左右，將油燒到滾，跟着將搽好蛋粉的魚整條放落油鑊處，炸一息間，時間大約一分鐘左右，接着將牠撈起，用鐵盤一個裝載，而盤底則先放上些少油，並且將切好的芹菜，洋蔥頭，胡蘿蔔，撈勻鋪放在盤底，然後將魚放在面上，接着整盤放入焗爐裏，猛火將牠焗約十五分鐘至二十分鐘左右，以够香熟為好，焗好取出，用有青瓜蕃茄圍邊的碟裝載，西芫茜要圍伴傍邊，跟着將用鑊洗淨燒熱，然後加放油約一湯羹，接着將調好之獻汁攪勻倒放落鑊處，然後用壳將牠推勻，焗魚的油放埋落去，煮滾後，兜起淋上魚面即成。

BAKED POMFRET IN SAUCE

Materials:

One Pomfret (about 1 kati in weight),	
Chinese celery — one stalk,	Big onion — 1,
Red carrot (scraped) — 1 tah.,	Cucumber — 1,
Tomato — 1,	Parsley — ½ tah.,
Egg — 1.	

Preparation:

Scale the fish and remove the entrails from it. Clean and cut three parallel slashes on each side of the fish body. (Do not cut through the bones.)

Rub the fish thoroughly with 3 teaspoons of fine salt, ½ teaspoon of Vesop and 1 teaspoons of sugar. Season the fish for about 20 minutes.

Remove stem from the Chinese celery and cut them into particles. Clean and cut the big onion into shreds. Cut the red carrot into slices. Cut the cucumber and the tomato into designed slices for garnishment.

Gravy Sauce:

Using about 10 tablespoons of stock or fresh water in a bowl, add in Lea & Perrin sauce 1½ tablespoons, A1 sauce 1 tablespoon, Vesop ½ teaspoon, fine sugar 1 tablespoon, light soya sauce ½ tablespoon, black soya sauce ½ teaspoon, sesame oil 1 teaspoon, cornflour ½ tablespoon and stir thoroughly into gravy sauce.

Method of finalising the dish:

Break the egg in a bowl, add in 2 tablespoons of cornflour and 2 tablespoons of wheat flour and stir thoroughly. Rub the fish with this mixture. Clean and heat the frying-pan, pour in about 7 rice-bowls of oil and boil it. Then put in the fish with the egg-flour mixture to fry for about 1 minute and transfer it to an iron plate containing some oil, well-prepared Chinese celery, big onion and red carrot. Place the whole iron plate in the baking oven to bake under high heat for 15 to 20 minutes until cooked and delicious. Then transfer the fish to the plate garnished with the well-prepared parsley, cucumber and tomato.

Clean and heat the frying-pan and add in 1 tablespoon of oil. Pour in the gravy sauce and stir with the scoop. Add in the oil from the baking plate. When it boils, water the fish with the sauce.

芥蘭炒田腿

主要用料：

田雞生計一斤半，每只約五六兩重左右為適合，芥蘭菜十二兩，毛菇一兩半，葫蘿蔔刨淨計一兩半，生葱五條，生薑五小片，鷄蛋一只。

製作方法：

田雞每只剖好後，跟着將牠剥皮開肚洗淨，再用刀斬開一件件，頭和手尖、腳尖斬去不要，全部斬好用大碗裝載，以十兩重計算，加放幼食鹽一茶匙，蜂巢味素些少，幼白糖半茶匙，麻油半茶匙，胡椒粉些少，鷄蛋打開淨要蛋白一湯羹，粟粉一湯羹，然後用手一齊攪勻，最後加放花生油半湯羹，再將牠攪勻，醃牠大約十五分鐘左右，使其入味。

芥蘭菜十二兩，每棵將牠老葉撕去，老皮刨去，然後再用刀改切成小件，全部改切然後用清水將牠洗淨，用篩裝載，毛菇一兩半，將牠切片，葫蘿蔔一兩半，將牠改花切片，生葱五條，先用刀將牠頭尾些少改切去，洗淨後，再用刀切成寸度。

獻汁之份量：

湯或清水五湯羹，加放幼食鹽半茶匙，蜂巢味素些少，幼白糖半茶匙，生抽一茶匙，蠔油兩茶匙，麻油半茶匙，胡椒粉些少，最後加放粟粉半湯羹一齊攪勻候用。

炒料之方法：

首先將用鑊洗淨，然後加放清水約三飯碗左右，將水燒到滾，然後將改好之芥蘭菜，全部放在鑊處，並且加放油兩湯羹，將牠滾一息間，跟着將牠撈起盛着，鑊裏之水倒去不要，接着再將用鑊洗淨燒熱，然後加放油兩湯羹，跟着將薑三片放在鑊處炸一息間，就將滾過之芥蘭菜再放在鑊處，將牠炒香，接着加放幼食鹽一茶匙半，白糖一茶匙半，花膠酒半湯羹，再將牠炒一息間，然後撈起用篩裝載，跟着再將用鑊洗淨燒熱，然後加放油約五飯碗左右，將油燒到略略滾之時，然後將醃好之田雞全部一齊放在鑊處，將牠略炸一息間，即泡嫩油，時間大約分半鐘左右，然後將牠撈起盛着，將油倒回盆裏，大約剩餘兩湯羹左右，然後將兩片生薑和切好之毛菇，葫蘿蔔，生葱等一齊放在鑊處將牠炒香，炸過之田雞和炒過的芥蘭，全部再放在鑊裏，將牠一齊兜勻，並且攞上花膠酒約兩茶匙，最後將調好的獻汁攪勻滲放鑊裏，再將牠一齊兜勻，跟着再兜起用碟裝載即成。

FRIED FROGS WITH MUSTARD GREEN

Materials:

Frogs (alive) — 1½ kati (about 5 to 6 tah. in wt. each),	
Mustard green — 12 tah.,	Button mushrooms — 1½ tah.,
Carrot (scraped) — 1½ tah.,	Spring onions — 5 sprigs,
Ginger — 5 slices,	Egg — 1.

Preparation:

Slaughter the frogs, remove skins and entrails from them. Then cut each of them into pieces. Cast away the heads and all the terminals of the limbs. Take about 10 tah. of frog pieces and put them in a container. Add in fine salt 1 teaspoon, a little Vesop, fine sugar ½ teaspoon, sesame oil ½ teaspoon, a little pepper powder, 1 tablespoon of egg-white and knead well. Add in 1 tablespoon of cornflour and knead again. Lastly add in ½ tablespoon of peanut oil. Repeat the kneading and season the frog-pieces for about 15 minutes.

Tear off the old leaves and harsh skin from the mustard green. Cut the mustard green into small pieces, clean and put them in a bamboo sieve. Cut the button mushrooms into slices. Cut the carrot into designed slices. Remove stems and yellow leaves from the spring onions, clean and cut the spring onions into short lengths.

Gravy Sauce:

Using 5 tablespoons of stock or fresh water in a bowl, add in fine salt ½ teaspoon, a little Vesop, fine sugar ½ teaspoon, light soya sauce 1 teaspoon, oyster sauce 2 teaspoons, sesame oil ½ teaspoon, a little pepper powder, cornflour ½ tablespoon and stir thoroughly into gravy sauce.

Method of frying:

Clean the frying-pan, pour in about 3 rice-bowls of fresh water and boil it. Put in the mustard green and meanwhile add in 2 tablespoons of oil to boil for a while and remove. Pour away the water.

Clean and heat the frying-pan, pour in 2 tablespoons of oil and put in the ginger slices to fry for a while. Then put in the boiled mustard green to fry. Add in fine salt 1½ teaspoons, sugar 1½ teaspoons, Chinese Far Teow wine ½ tablespoon and fry for a while. Then transfer all to a bamboo sieve.

Again clean and heat the frying-pan and pour in about 5 rice-bowls of oil. When it slightly boils, put in the frog-pieces to fry for about 1½ minutes and remove. Pour back the oil to the container, leaving about 2 tablespoons of it in the pan, and put in the well-prepared ginger, button mushrooms, carrot, spring onions to fry deliciously. Put in the fried frog-pieces and mustard green. Stir thoroughly. Splash in 2 teaspoons of Chinese Far Teow wine. Stir well the gravy sauce and add in. Again stir thoroughly and transfer all to a plate.

京 都 排 骨

用 料：

豬脊肉連骨計一斤（簡稱有骨豬排肉），生菜一棵，青瓜一條，番茄一個，西芫茜約半兩，雞蛋一只，木瓜油半湯羹。

製 法：

豬脊肉一斤，洗淨後，打橫連骨斬成細件，每件大約兩半重左右，全部斬好每件再由刀背捶鬆兩面，然後轉用盤仔一只裝載，跟着加放幼食鹽半茶匙，味精半茶匙，白糖一茶匙半，生抽一湯羹，晒抽一茶匙，麻油一茶匙，胡椒粉些少，五香粉半茶匙，跟着將雞蛋一只打開滲放下去，並且加放清水三湯羹，而半湯羹木瓜油，同時滲放下去，然後用手將牠拌勻，最後加放粟粉兩湯羹，再拌勻，醃牠三十分鐘左右，使牠入味。生菜一棵，淨要嫩葉，洗淨後，將牠切成絲，鋪放碟底用，青瓜和蕃茄，將牠改花切片，圍伴碟邊用，西芫茜半兩，圍伴傍邊四週圍。

醬汁份量：

湯或清水八湯羹，加放食鹽半茶匙，味精半茶匙，白糖 $\frac{3}{4}$ 湯羹，茄汁一湯羹半，噁汁半湯羹，A1 梳士半湯羹，麻油半茶匙，一齊攪勻便成醬汁。

煎的方法：

醃好的排骨，用鑊放油適量，煎香兩面，時間約三分鐘左右便熟。煎好撈起，用油兩湯羹起鑊，跟着將調好的醬汁，攪勻倒放鑊裏，而煎的好排骨全部再倒放鑊裏一齊攪勻，然後撈起，用大碗一只裝載，每一件排骨，將牠斬開兩件或三件，用有青瓜蕃茄圍邊的碟裝載，最後將同煮的醬汁全部淋放面上，即成。

PORK-RIBS PIECES IN DELICIOUS SAUCE

Materials:

Pork-ribs (with meat) — 1 kati,	Lettuce — 1 stalk,
Cucumber — 1,	Tomato — 1,
Parsley — $\frac{1}{2}$ tah.,	Egg — 1,
Meat tenderiser — $\frac{1}{2}$ tablespoon.	

Preparation:

Clean the pork-ribs and cut it crosswise into small pieces (each of abt. $1\frac{1}{2}$ tah. in wt.). Hit the pieces of pork-ribs with the blunt portion of the knife to soften them. Place the pieces in a plate, add in fine salt $\frac{1}{2}$ teaspoon, Vesop $\frac{1}{2}$ teaspoon, sugar $1\frac{1}{2}$ teaspoons, light soya sauce 1 tablespoon, black soya sauce 1 teaspoon, sesame oil 1 teaspoon, a little pepper powder, 5-spice powder $\frac{1}{2}$ teaspoon, an egg, fresh water 3 tablespoons, meat tenderiser $\frac{1}{2}$ tablespoon and knead well. Lastly add in 2 tablespoons of cornflour, knead again and season the pork rib pieces for abt. 30 minutes.

Select and clean the green leaves of the lettuce then cut them into strips. Cut the cucumber and tomato into designed slices for garnishment.

Clean the parsley for use.

Gravy Sauce:

Measure 8 tablespoons of stock or fresh water in a container, add in fine salt $\frac{1}{2}$ teaspoon, Vesop $\frac{1}{2}$ teaspoon, sugar $\frac{3}{4}$ tablespoon, tomato sauce $1\frac{1}{2}$ tablespoons, Lea & Perrin sauce $\frac{1}{2}$ tablespoon, A1 sauce $\frac{1}{2}$ tablespoon, sesame oil $\frac{1}{2}$ teaspoon and stir well into gravy sauce.

Method of frying:

Boil suitable amount of oil in the frying-pan and put in the seasoned pork-rib pieces to fry for abt. 3 minutes (both sides of the pieces to be fried aromatically.) After frying remove all the pieces. Pour the oil back to the container leaving about 2 tablespoons in the pan. Stir well the gravy sauce and pour in. Put in the well fried pork-ribs and stir thoroughly. Then transfer all to a bowl. Cut each piece of the pork-rib into 2 or 3 small pieces and place them in the plate garnished with cucumber and tomato. Water the dish with the gravy sauce from the pan.

紅燒釀節瓜

主要用料：

節瓜（亦稱毛瓜）兩條，每條大約半斤重左右，淨豬肉六兩，乾蝦米半兩，冬菇三只，洋蔥頭一個，生蔥兩條。

製作方法：

節瓜兩條，每條將牠外層的皮刮去些少，並將頭尾些少切去，跟着再打橫將牠切開七段，每段要大小相同，然後用羹在正中間處掘一圓圈，約兩毫子的銀幣般潤大，全部掘好洗淨用篩一只裝載，淨豬肉六兩，用刀將牠剝爛，乾蝦米半兩，先用清水浸一息間，然後將壳揀淨，再用刀鋤成細粒，冬菇三只，先用清水將牠浸軟，然後去蒂，再切成細粒，洋蔥頭一個，將外一層衣撕去，然後切成小粒，跟着用油些少將牠炒香，攤凍候用，生蔥兩條，去頭尾些少，洗淨後再切成幼粒。

調餡之方法與份量：

首先將剝爛的豬肉轉用盤仔一只裝載，然後加放幼食鹽半茶匙，蜂巢味素些少，幼白糖半茶匙，生抽兩茶匙，麻油一茶匙，胡椒粉些少，跟着用手一齊將牠搓勻，再用力將牠搓至起膠，接着將切好的蝦米，冬菇粒及炒香的洋蔥頭等一齊放下去，再將牠搓勻，最後加放粟粉一湯羹半，再搓勻，然後分作十四份候用。

釀及紅燒之方法：

將改好的節瓜，每件中間，洒上些少粟粉，然後每件釀上一份餡，將中間填滿，如是者，全部填釀好後，跟着將用鑊一只洗淨燒熱，然後加放油些少蕩勻鑊的四週圍，跟着將釀好的節瓜，一件件排放在鑊處，將牠煎香兩面，在煎的時候，油要浸過瓜面，煎好將牠兜起用深底燒青碟裝載，接着加放幼食鹽半茶匙，蜂巢味素些少，幼白糖半茶匙，生抽兩茶匙，蠔油兩茶匙，麻油一茶匙，胡椒粉些少，最後加放湯或清水十湯羹，大約八安士左右重，攪勻後整碟放在蒸籠處，隔水將牠蒸約四十五分鐘左右，以够焗為適合，蒸好後取出將節瓜鏟起，排放在另一只大碟裝載，而同蒸原汁即將牠倒放在鑊處，用粟粉一湯羹，加放清水兩湯羹攪勻，滲放在鑊處埋獻，等牠再滾時，就將牠兜起淋放在節瓜面上，最後將切好的蔥粒，洒放在面上即成。

ROASTED SQUASH-PIECES WITH STUFFING

Materials:

Hairy squash — 2 (each of about $\frac{1}{2}$ kati in weight),
Pork — 6 tah.,
Mushrooms — 3,
Dried shrimps — $\frac{1}{2}$ tah.,
Onion — 1,
Spring onion — 2 stalks.

Initial Preparation:

Shave the hairy squash and cut each of them crosswise into seven pieces of nearly the same size. Excavate a hole of the size of a twenty-cents coin at the mid-point of each piece. After accomplishing the excavating, clean and place all the pieces in a bamboo sieve. Mince the pork. Soak the dried shrimps in fresh water for a while and pick away all the scales and dirt. Cut the shrimps into particles. Soften the mushrooms in fresh water, remove harsh stems from them and cut them into particles. Scale and cut the onion into particles. Fry the onion particles deliciously and remove to cool for use. Remove the root stems and leaf-terminals from the spring onion and then cut it into particles.

The Method of and the ingredients for preparing stuffing:

Put the minced pork in a plate, add in fine salt $\frac{1}{2}$ teaspoon, a little Vesop, fine sugar $\frac{1}{2}$ teaspoon, light soya sauce 2 teaspoons, sesame oil 1 teaspoon, a little pepper powder and knead thoroughly until sticky. Then add in the well-prepared shrimps, mushroom, well-fried onion and knead again. Lastly add in $1\frac{1}{2}$ tablespoons of cornflour. Repeat the kneading and then separate the paste into 14 portions for use.

Method of applying stuffing and roasting:

Sprinkle at the centre portion of every piece of the hairy squash with some cornflour and then place one portion of the paste to cover up the centre portion of the piece.

Clean and heat the frying-pan and splash in some oil to stain the whole pan. Then place the well-stuffed squash-pieces one by one in the pan to fry deliciously. Overturn the pieces to fry both sides of them. Note that there must be sufficient oil to cover the pieces. After well-fried, transfer the pieces to a big deep plate, add in fine salt $\frac{1}{2}$ teaspoon, a little Vesop, fine sugar $\frac{1}{2}$ teaspoon, light soya sauce 2 teaspoons, oyster sauce 2 teaspoons, sesame oil 1 teaspoon, a little pepper powder, stock or fresh water 10 tablespoons (about 8 ozs.) and stir thoroughly. Then place the whole plate in the steamer to steam over water for about 45 minutes until cooked. After steaming remove and transfer all the squash-pieces to another big plate and pour the steamed sauce in the frying-pan. Mix 1 tablespoon of cornflour with 2 tablespoon of fresh water and add in to thicken the sauce. When it boils, scoop the sauce to water the squash-pieces. Sprinkle the dish with the well-prepared spring onion particles and serve.

蒜頭辣椒醬

用 料：

大只紅辣椒貳十只，蒜頭十小粒，生羌刮淨計一兩，酸桔仔十五粒。

製 法：

紅辣椒，全部去芋去核，蒜頭全部去衣，然後和生羌三樣一齊剝爛（或椿爛），酸桔仔全部開邊將汁揀出，候用。

調製方法和份量：

將剝爛的辣椒，蒜頭，羌轉用盅一只裝載，然後加放幼食鹽半湯羹，味精兩茶匙，幼白糖一湯羹，茄汁四湯羹，麻油兩茶匙，最後將揀出的酸桔仔汁，全部滲放下去，將牠一齊攪勻即成。

（此醬汁適宜沾蒸蟹，白灼蝦，白斬雞等。）

GARLIC CHILLI SAUCE

Materials:

Red chilli — 20,

Garlic — 10,

Ginger (scraped) — 1 tah.,

Limes — 15.

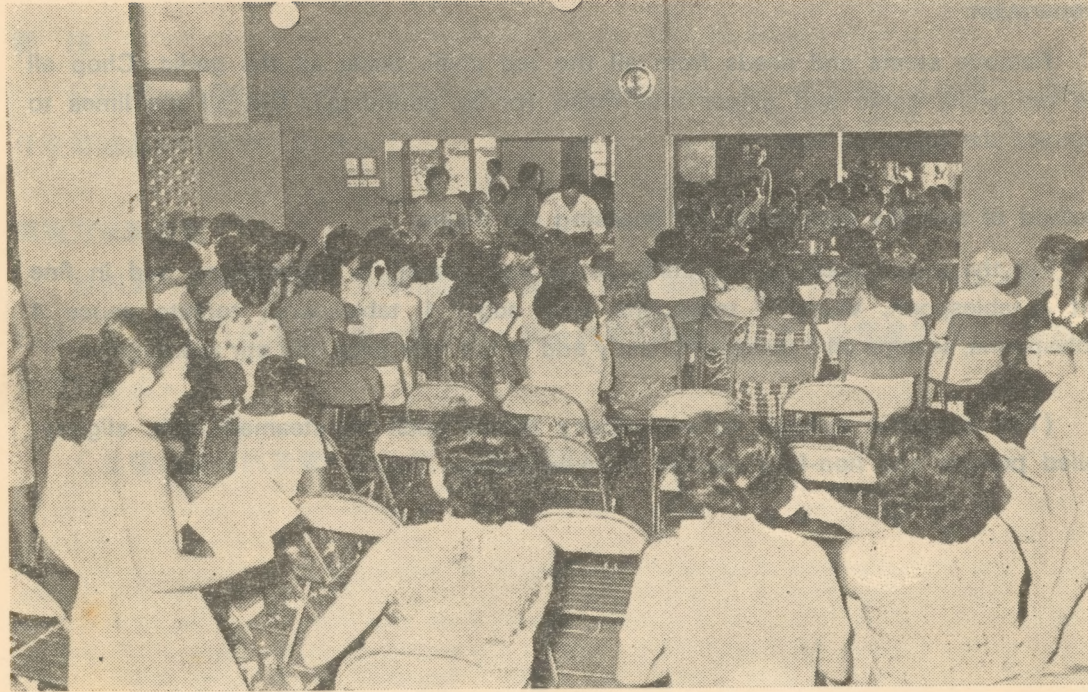
Preparation:

Remove stems and seeds from all the red chilli. Scale all the garlic. Chop all the red chilli, garlic and ginger into mash (or by pounding). Cut all the limes to abstract the juice for use.

Method of and the ingredients for finalising the sauce:

Put the mixed mash of red chilli, garlic and ginger in a container, add in fine salt $\frac{1}{2}$ tablespoon, Vesop 2 teaspoons, tiny sugar 1 tablespoon, tomato sauce 4 tablespoons, sesame oil 2 teaspoons, lastly add in the lime juice and stir thoroughly.

(This sauce is suitable to accompany dishes such as steamed crab, slightly-boiled prawns and non-fully cooked chicken pieces).



作者在女青年會作烹調教導時的情況
This photo was taken during lesson at Young Women's Christian Association.

中外量制比較表

一兩	=	1 又 $\frac{1}{2}$ 安士
一兩半	=	2 安士
三兩	=	4 安士
六兩	=	8 安士
半斤	=	10 又 $\frac{3}{4}$ 安士
一斤	=	21 又 $\frac{1}{2}$ 安士
水一飯碗(重量約七兩半)	=	10 安士
水十羹湯(重量約六兩)	=	8 安士

XXXXXXXXXXXX

Equivalents of Weight

1 Tah	=	1 $\frac{1}{2}$ oz.
1 $\frac{1}{2}$ Tahs	=	2 oz.
3 Tahs	=	4 oz.
6 Tahs	=	8 oz.
$\frac{1}{2}$ Kati	=	10 $\frac{3}{4}$ oz.
1 Kati	=	21 $\frac{1}{2}$ oz.
1 Rice bowl water (about 7 $\frac{1}{2}$ tahs)	=	10 oz.
10 Tbsp. water (about 6 tahs)	=	8 oz.